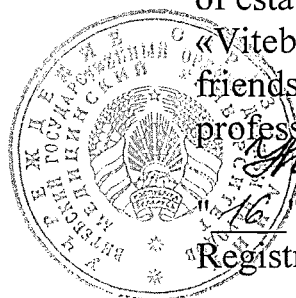


ESTABLISHMENT OF EDUCATION  
"VITEBSK STATE ORDER OF PEOPLES' FRIENDSHIP  
MEDICAL UNIVERSITY"

"APPROVE"

The vice-rector  
of training and international contacts  
of establishment of education

«Vitebsk state order of peoples'  
friendship medical university»,  
professor



N.U. Konevalova

"16." sep tember 2015

Registration № 4. 013

**PROGRAM OF EDUCATION PRACTICE  
ON THE CARE OF PATIENTS**

1-79 01 01 Medical business

2015

COMPILED BY:

G.I. Yupatov, Head of the Department of Internal Medicine Propaedeutics of educational institution "Vitebsk State Order of Peoples' Friendship Medical University", Doctor of Medical Sciences, Professor;

L.M. Nemtsov, Professor of the Department of Internal Medicine Propaedeutics educational institution "Vitebsk State Order of Peoples' Friendship Medical University", Doctor of Medical Sciences;

L.V. Soboleva, Associate Professor of Internal Medicine Propaedeutics of educational institution "Vitebsk State Order of Peoples' Friendship Medical University", PhD;

O.V. Dragun, Associate of Internal Medicine Propaedeutics of educational institution "Vitebsk State Order of Peoples' Friendship Medical University", PhD;

M.S. Drozdova, Associate Professor, Department of Internal Medicine Propaedeutics of Internal Medicine Propaedeutics of educational institution "Vitebsk State Order of Peoples' Friendship Medical University", PhD;

I.V. Arbatskaya, Senior Lecturer of Department of Internal Medicine Propaedeutics of Internal Medicine Propaedeutics of educational institution "Vitebsk State Order of Peoples' Friendship Medical University";

V.T. Valuiy, docent of the Department of Internal Medicine Propedeutics of educational establishment "Vitebsk State of the Order of International Friendship Medical University", PhD, docent;

E.Y. Rogoznaya, assistant of the Department of Internal Medicine Propedeutics of educational establishment "Vitebsk State of the Order of International Friendship Medical University".

It was discussed and recommended to approval as the work variant at the meeting of the department of internal diseases propedeutics (protocol № 1 at 31.08 2015 yr.)

It was approved and recommended to affirmance by Council of General Medicine Faculty of the Vitebsk State Order of Peoples' Friendship Medical University (protocol № 7 at 09.09 2015 yr.)

## EXPLANATORY NOTE

Educational practice as assistant of medical sister is obligate shape of training students of medical faculty on speciality "General Medicine" 1-79 01 01.

Program of " Educational practice on the care of patients" for students of medical faculty is developed and prepared in accordance with the following regulations: Educational standard of higher education in the specialty 1-79 01 01 " General Medicine " (OCBO 1-79 01 01-2013), approved and put into effect by the decision of Education Ministry of Republic of Belarus at 08.30.2013 year, № 88; and Model curriculum for specialty 1-79 01 01 " General Medicine " (registration № L 79-1-001 / typ.), approved by the First Deputy Minister of Education of Republic of Belarus at 05.30.2013 year; and in accordance with the Resolution of the Council of Ministers on June 3, 2010 № 860 "On Approval of the practice of students, cadets, listeners" with the additions of Council of Ministers Belarus dated August 22, 2013 № 736.

**The aim** of educational practice - to consolidate the theoretical knowledge and the formation of skills on the subject "Bases of general care (therapy) ", development of primary skills in their chosen profession.

**Objectives of the training practice:**

- Acquaintance with the structure and organization of hospital Health Organization;
- The study of the structure and organization of the admission and the therapeutic departments;
- Acquaintance with the requirements of sanitary and anti-epidemic regime in health care organizations;
- Study and securing in practice the main provisions of regulations to ensure microclimate and hygienic regime at the therapeutic profile departments;
- Acquisition of skills for hygienic care of patients;
- Acquisition of skills on organization of clinical nutrition for patients;
- Understanding basic principles on organization of the nursing staff work.

Educational practice on the care on the care of patients (therapy) will be held in 4-th semester of 2-year during 54 hours (9 days). The implementation of the content of the program of educational practice on the care of patients (therapy) takes the form of guided independent work of students in therapeutic departments of health organizations, including two evening duty and abstract writing.

During practice, students work under the direct supervision of the teacher - the head of the practice of the university department.

**Requirements for the content and organization of practice**

During educational practices the following competence of the specialist are formed and developed:

**academic:**

- Be able to apply basic scientific and theoretical knowledge to solve theoretical and practical problems;
- To own the system and comparative analysis;
- Be able to work independently;

**social and personal:**

- Possess the qualities of citizenship;
- Be capable of social interaction;
- Have the ability to interpersonal communications;
- Have the skills of health preservation;
- Be capable of self-criticism and criticism;
- Be able to work in a team;

**professional** - specialist should be able to:

- To apply the knowledge about the structure and function of the body in health and disease;
- Use knowledge of general and special disciplines to preserve their own health and healthy lifestyles;
- To provide medical care for common diseases, injuries, disorders, including urgent and life-threatening condition of the patient;
- Apply the skills of professional conduct (deontology), know and observe the rules of medical ethics;
- To plan and organize diagnostic and treatment measures for diseases and injuries, including in cases of massive influx of patients.

## CONTENTS OF EDUCATIONAL PRACTICE

### **Section 1. Structure and organization of the standard medical and preventive organization. Regime and microclimate of the Health Organisation.**

Introducing the structure and organization of the hospital. Organization of work to ensure the health-protective and sanitary-hygienic and anti-epidemic regime.

Acquaintance with the equipment and organization of the therapeutic department, the internal rules of the medical department. The study of normative documents regulating requirement to comply with sanitary-hygienic and anti-epidemic regime of therapeutic department. Providing normal microclimate in the wards for patients of therapeutic profile. Organization of the regime visiting patients.

Acquaintance with the responsibilities of junior medical personell. Implementation of sanitary and epidemiological requirements to the working conditions of the stuff of health care organizations. Conducting current daily cleaning of the Health Organization. General cleaning premises of the Health Organisation. Requirements for general cleaning. Requirements for the cleaning equipment. Preparation of working solutions of disinfectants. Disinfection of medical devices. Preparation for utilization of medical waste. Presterilizing cleaning of multiple use medical devices.

Packaging of medical products for sterilization. Quality control of the sterility of medical products. Securing the main provisions of the Order № 165 of the Ministry of Health of the Republic of Belarus of 25.11.02 "On carrying out disinfection and sterilization in health care institutions," Guidelines MU 90-9908 "Quality control of sterilization of medical products," Decree number 147 of Chief State Sanitary Doctor of the Republic of Belarus 20.10.05 Sanitary rules and norms 2.1.7.14-20-2005 "Rules for the Treatment of medical waste", Decree number 207 of the Chief State Sanitary Doctor of the Republic of Belarus 01.12.2008 "On amendments and

additions to the Sanitary rules and norms 2.1.7.14-20- 2005 "Rules for the Treatment of medical waste."

## **Section 2. Organization of the admissions department.**

Acquaintance with the equipment and organization of the admission department. Anti-epidemic regime of the admission department. Securing the main provisions of the Decree № 107 of the Ministry of Health of the Republic of Belarus of 10.28.2013 Sanitary regulations "Sanitary-epidemiological requirements to health-care organizations, providing medical services, including cosmetics, as well as the organization and conduct of sanitary and anti-epidemic measures for the prevention of infectious diseases in health care organizations".

Reception and registration of patients. Examination of the patient for lice and scabies. Implementation of sanitary and epidemiological requirements for identifying lice patient. Securing the basic provisions of Order №477 of Ministry of Health of the Republic of Belarus of 29.08.2005 "On strengthening of measures for the prevention of epidemic typhus and combating head lice."

Carrying sanitary cleaning patients. Transportation of patients in the medical departments of the hospital.

## **Section 3. Observation and hygienic care of patients with deficiency of self-service and febrile patients.**

Assessment of the state of consciousness. Determination of the patient's position in bed. Examination of the skin and visible mucous membranes. Assessment of the general state of the patient.

Moving the patient, taking into account the biomechanics of the body of the patient and the nurse. Giving the patient a comfortable position in bed with the rules of biomechanics. Monitoring the implementation of the regime of motor activity. Work with functional bed.

Preparation of the patient bed. Change of underwear and bed linen. Care for eyes, nose, ears, mouth, face and body of the patient. Prevention of diaper rash. The set of measures for the prevention of bedsores. Application of underlaid circle. Giving bedpan and urinal, cleaning the urinal after physiological functions. Disinfection of care articles.

Care and observation of elderly patients.

Measurement of body temperature, filling temperature sheets. Disinfection of thermometer after use. Storage of thermometers. Care febrile patients. Application of ice packs (ice bags), hot compress, heating pad. Disinfection of ice bags and heater after application.

## **Section 4. Acquaintance with the nutrition of patients.**

Organization of clinical nutrition at the hospital. The procedure of food distribution. Feeding critically ill patients, debilitated patients, and elderly patients who are on the bed regime. Disinfection and washing dinnerware.

## **Section 5. Observation and hygienic care of patients with respiratory diseases.**

Care for patients with respiratory diseases. Observation of breathing, coughing and character of sputum. Counting the number of respiratory movements.

Patient education and support for the use of individual inhaler.

Giving the patient humidified oxygen through nasal catheter, nasal cannula, mask. Giving the patient the drainage position.

Learning patients the rules of individual spittoon use. Disinfection of spittoons.

#### **Section 6. Observation and hygienic care of patients with diseases of the circulatory system.**

Maintenance and monitoring of patients with diseases of the circulatory system. Counting pulse. Registration of pulse parameters. Measuring blood pressure. Registration of blood pressure. Determination of the water balance.

#### **Section 7. Observation and hygienic care of patients with diseases of the digestive system.**

Maintenance and monitoring of patients with vomiting. Gastric lavage with a thick gastric tube, taking the wash water for the study.

Maintenance and monitoring of patients with flatulence. Introducing colonic tube.

Maintenance and monitoring of patients with diarrhea, constipation, fecal incontinence.

Disinfection of medical devices and used material.

#### **Section 8. Observation and hygienic care of patients with diseases of the kidneys and urinary tract.**

Measurement of daily diuresis and its registration.

The aid to the patient at urination disorders. The aid in acute urinary retention, call of reflex to urination.

Observation and care of patients with urinary incontinence. Giving urinal.

Disinfection of medical devices and used material.

#### **Section 9. Observation and hygienic care of patients in extreme and terminal state.**

Complex methods of monitoring and care of patients in intensive care. Care for the dying people. Ascertaining the death, legal and ethical standards of treatment of the corpse.

### **EDUCATIONAL -METHODICAL CHART**

#### **Statements of students**

During the practice under the supervision of the head of the practice of the department the student carries out the program of practice and reflects the way of its implementation in the diary of practice developed by the Department of Internal Medicine Propaedeutics in accordance with the practice program.

The student conducts the diary every day, in which the student fixes all the work during working hours with its precise description and describes personal involvement in the treatment process. Diary is checked daily and signed by the department head of practice.

At the end of the diary the student writes a report on the implementation of the program of practice, summarizes the practical skills. Report is signed by student and head of the practice of the department.

The report should contain the list of mastered skills to their level of development (1, 2 or 3).

**Recommended minimum of practical skills  
for the period of practice on the care of patients (therapy)**

№	Practical skills	Recommended	
		number	level of mastering
1.	Hygienic hand antisepsis	12	3
2.	Preparation of working solutions of disinfectants	3-5	3
3.	Current cleaning premises of the health care organization	10-15	3
4.	General cleaning premises of the health care organization	1-2	3
5.	Disinfection of the medical devices and articles	12-15	3
6.	Presterilizing cleaning medical devices of multiple use	3-5	2
7.	Packing of medical products for sterilization.	3-5	2
8.	Quality control of presterilizing cleaning medical devices of multiple use	3-5	2
9.	Control of sterility quality of medical devices	3-5	2
10.	Examination of the patient for pediculosis and scabies. Sanitization in identifying pediculosis.	3-5	2
11.	Sanitization in identifying pediculosis.	1-2	1
12.	Sanitary cleaning a patient	3-5	3
13.	Anthropometric measurements	5-8	3
14.	Transportation of a patient in medical departments of a hospital	8-10	3
15.	Moving a patient	5-8	3
16.	Change of bed linen for patients with deficiency of self-service	5-8	3
17.	Change of underwear for patients with deficiency of self-service	5-8	3
18.	Toilet of eyes, nose, external acoustic meatus	2-3	3
19.	Hygienic care of oral cavity	2-3	3
20.	Prevention of diaper rash (intertrigo)	3-5	3
21.	Complex prevention of bedsores	3-5	3
22.	Giving bedpan	5-8	3
23.	Giving urinal	8-10	3
24.	Toilet of external genitalia	3-5	3
25.	Organization of dietary nutrition of patients, feeding patients	5-8	3
26.	Taking body temperature and registration of obtained data in the temperature chart	20-25	3

27	Taking respiration rate, registration of obtained data	10-15	3
28	Application of the local hot compress	1-2	3
29.	Preparation and setting of heating pads (heaters)	1-2	3
30.	Preparation and setting of ice bag	1-2	3
31	Humidified oxygen supply	1-2	3
32	Use of individual inhaler	3-5	3
33	Use of personal spittoon, its subsequent disinfection	3-5	3
34	Giving drainage position for the patient	3-5	3
35	Taking pulse	10-15	3
36	Taking blood pressure, recording results	10-15	3
37	Determining the water balance	3-5	3
38	Measurement of daily diuresis and its registration	3-5	3
39	Introducing colonic (flatus) tube	3-5	2
40	Gastric lavage with the thick gastric tube	1-2	2

Levels of development of practical skills:

1 – student knows theory, professionally orients, knows indications for medical procedures;

2 – student knows theory, estimates, takes part in the work of medical staff;

3 – student knows theory, performs independently practical skills.

In the absence of conditions for the development of skills at the health care organization, the student should master practical skills according to the level 1.

### Forms of the practice control

The supervisor of practice from the internal diseases propedeutics department conducts interviews with the students, which discusses all the questions that have arisen during the work, estimates correct implementation of practical skills, knowledge of the basic regulations for the medical-protective and of sanitary-antiepidemic regime of hospital therapeutic departments, prevention of nosocomial infections, correctness of medical documentation formulation. The interview should be aimed to checking the degree of development of practical skills and opportunities for their self-fulfillment.

Supervisor of practice from the internal diseases propedeutics department attracts students to the works under the program of practice, controls the correctness of daily diaries.

### Summation of practice

During the last week of practice the student writes report on the implementation of the practice program. The report must be signed by the student. The report shall contain information on the work performed by the student during practice, and all materials that reflects the content of sections of the program practice, schedule and individual task.

During the practice, each student performs GIWS (guided independent work of students), which is made in the form of the abstracts on the topic proposed by the teacher. Recommended topics of abstracts are given in Appendix 1.

The final control includes checking the implementation of the practice program in the form of an individual report (according to the example) and the presented results of GIWS (support of abstract).

## Appendix №1

### **Recommended topics of GIWS (educational-research work):**

1. Sanitary-antiepidemic regime of the admission department. Normative documents regulating sanitary-antiepidemic regime. Organization of work at the admission department. Duties of the nurse (medical sister) of the admission department. Types of medical records (documentation) of the admission department.
2. Medical ethics and deontology in the practice of a nurse. Moral and legal responsibility of health professionals. Communication as an effective means of care for patients.
3. Disinfection. Methods, types, techniques. Quality control methods of disinfection.
4. Requirements for modern disinfectants. Classification of modern disinfectants authorized Ministry of Health of the Republic of Belarus. Rules of preparing disinfectant solutions.
5. Sanitary-antiepidemic regime of the therapeutic profile department. Normative documents regulating sanitary-antiepidemic regime. Duties of ward nurse of the therapeutic profile department. Rules of medical records (documentation).
6. Implementation of care for patients with deficiency of self-service. Bedsores, stages, causes and prevention.
7. Biomechanics. Rules of moving the patient. Movement biomechanics of the nurse when moving patients with impaired motor activity. Occupational diseases of health care workers arising from the violation of the rules of biomechanics.
8. The rules of preparation of patients to different types of laboratory and instrumental methods of research. Rules of filling documentation. Requirements for laboratory utensils.
9. Sanitary-antiepidemic regime of manipulation cabinet. Principles of patient care in violation of physiological functions.
10. Rules of discharge, receipt and storage of medicines in the department. Routes of administration of drugs. Advantages and disadvantages.
11. Sanitary-antiepidemic regime of procedure rooms. Regulatory documents of Ministry of Health of the Republic of Belarus regulating sanitary-antiepidemic regime of procedure rooms. The main types of medical records (documentation) of procedure rooms.
12. Levels of processing the hands of medical personnel. Requirements to the hands of medical personnel. Modern skin antiseptics in the anti-epidemic measures, their characteristics.

13. Complications arising after parenteral administration of drugs. The role of the nurse in the prevention of complications.

14. Modern methods of disposal (utilization) of medical waste. The epidemiological and ecological safety.

15. The therapeutic feeding in hospital. Sanitary-antiepidemic regime of buffet room. Methods of feeding of critically ill patients.

16. The main types of health care institutions such as outpatient and inpatient. Structure, functions.

17. The art of communication with patients and their relatives. Deontological requirements to person of nurse.

18. Care and monitoring of patients of elderly and senile age.

## Appendix 2

### Duties of Students taking practice

Arrive in due time at the place of practice, pass instructing on the protection of labor, be acquainted with the internal rules of the health care institution, should have a paper on medical examinations.

Obtain and study the program of practice and individual task.

Comply with the rules of the internal labor regulations of the health care institution.

Learn and follow the rules of labor protection and safety.

Be responsible for the work and its results equally with staff members.

Qualitatively and fully perform tasks according to the program of practice.

Every day keep a diary to record all performed work.

Actively participate in the public life of the organization.

Present report on the implementation of all tasks of practice and GIWS (abstract) to the practice supervisor in due time.

Demonstrate careful attention to the patients and staff of health care institution, observe the principles of professional ethics and deontology.

## INFORMATIONAL-METHODICAL MATERIALS

### *Basic literature*

1. Юпатов Г.И., Доценко Э.А., Ольшанникова В.В. Общий уход за больными (терапия). Учебное пособие.- Витебск: ВГМУ, 2007.- 191 с.
2. Гребенев А.Л., Шептулин А.А.. Основы общего ухода за больными// Учеб. пособие. Москва: Медицина, 1991.
3. Заликина, Л.С. Уход за больными: учебник / Л.С. Заликина. – М.: ООО «Медицинское информационное агентство», 2008.- 201 с.
4. Яромич И.В. Сестринское дело и манипуляционная техника, Мн.: Выш. шк., 2011.
5. Мухина С.А., Тарновская И.И. Общий уход за пациентами. Москва: Медицина, 1989.- 326 с.

6. Церех, М.К. Общий уход за больными / М.К. Церех. - Мн., 1988.- 75 с.
7. English-Russian thematic dictionary of propedeutics of internal diseases and general care of patients)/ Л.М. Немцов, под. ред. Г.И. Юпатова, – Витебск: ВГМУ, 2006. – 175 с.
8. Rosdahl C.B. Textbook of Basic Nursing, 6-th. Edition. –J.B. Lippincott Company, Philadelphia, 1995. - 1493 pp.

#### *Additional literature*

1. Инструкция №113 -0801 Главного государственного санитарного врача Республики Беларусь от 05.09.01 «Гигиеническая и хирургическая антисептика кожи рук медицинского персонала».
2. Приказ № 165 Министерства здравоохранения Республики Беларусь от 25.11.2002 «О проведении дезинфекции и стерилизации учреждениями здравоохранения».
3. Приказ № 351 Министерства здравоохранения Республики Беларусь от 16.12.1998 «О пересмотре ведомственных нормативных актов, регламентирующих вопросы по проблеме ВИЧ / СПИД».
4. Приказ №477 Министерства здравоохранения Республики Беларусь от 29.08.05 «Об усилении мероприятий по профилактике эпидемического сыпного тифа и борьбе с педикулезом».
5. Приказ № 792 Министерства здравоохранения Республики Беларусь от 01.10.2007 «Об утверждении форм первичной медицинской документации в организации здравоохранения, оказывающих стационарную помощь».
6. Постановление №107 Министерства здравоохранения Республики Беларусь от 28.10.2013 Санитарные нормы и правила «Санитарно-эпидемиологические требования к организациям здравоохранения, оказанию медицинских услуг, в том числе по косметологии, а также к организации и проведению санитарно-противоэпидемических мероприятий по профилактике инфекционных заболеваний в организациях здравоохранения».
7. Постановление №51 Министерства здравоохранения Республики Беларусь от 28 декабря 2004 «Об утверждении Инструкции о порядке приобретения, хранения, реализации и использования наркотических средств и психотропных веществ в медицинских целях».
8. Постановление №135 Министерства здравоохранения Республики Беларусь от 29.08.08 «Об утверждении инструкции об организации диетического питания в государственных организациях здравоохранения».
9. Постановление №147 Главного государственного санитарного врача Республики Беларусь от 20.10.05 Санитарные правила и нормы 2.1.7.14-20-2005 «Правила обращения с медицинскими отходами».
10. Постановление №207 Главного государственного санитарного врача Республики Беларусь 01.12.2008 «О внесении изменений и дополнений в Санитарные правила и нормы 2.1.7.14-20-2005 «Правила обращения с медицинскими отходами».

11. Постановление № 11 Министерства здравоохранения Республики Беларусь от 06.02.2013 г. «Об утверждении Санитарных норм и правил «Требования к организации и проведению санитарно-противоэпидемических мероприятий, направленных на предупреждение возникновения и распространения вирусных гепатитов».
12. Приказ № 597 Министерства здравоохранения Республики Беларусь от 02.06.2014 «Об утверждении Перечня основных манипуляций, необходимых для формирования профессиональных компетенций по специальности 2-79 01 31 «Сестринское дело».
13. Методические указания МУ 90-9908 «Контроль качества стерилизации изделий медицинского назначения».