Załącznik nr 5 do zarządzenia nr 189/2025

# COURSE SPECIFICATION

**Course code: 0912.4.LEK.F.FA**

**Course title in Polish: Opieka nad chorym (pielęgniarska) – praktyka wakacyjna**
**Course title in English: First aid and nursing – holiday work placement**

## 1. Placement of the course within the study programme

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| **1.1. Field of study** | Medicine |
| **1.2. Mode of study** | Full-time |
| **1.3. Level of study** | Uniform Master's study |
| **1.4. Profile of study** | General academic |
| **1.5. Course specification author** | lek. Łukasz Niedziela |
| **1.6. Contact** | lukasz.niedziela@ujk.edu.pl |

## 2. Generał characteristics of the course

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| **2.1. Language of instruction** | English |
| **2.2. Entry requirements** | Basic knowledge of human anatomy and physiology |

## 3. Detailed characteristics of the course

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| **3.1. Type of classes** | Practice: 120 hours |
| **3.2. Place of course delivery** | A medical facility that provides stationary and 24-hour hospital and nonhospital health services |
| **3.3. Form of assessment** | Credit with grade |
| **3.4. Teaching methods** | Practice: case study |
| **3.5.a. Basic reading list** | 1. ERC guidelines 2021, www.cprguidelines.eu<br>2. First Aid Manual DK 2014 Dorling Kindersley Publishers<br>3. Case Files Emergency Medicine, Katrin Takenaka et. al., 2023 McGraw- Hill, 5th Edition |
| **3.5.b. Supplementary reading list** | 1. Fundamentals of Nursing: Concepts and Competencies for Practice, Craven Ruth 2020, 9th Edition, Lippincott Williams & Wilkins<br>2. Procedures for the Primary Care Provider, Marilyn Winterton Edmunds 2016, Mosby |

## 4. Objectives, content and learning outcomes

### 4.1. Course objectives (taking into account the form of classes)

- **CO1.** Familiarization with the theoretical foundations of nursing and care.
- **CO2.** Presentation of the scope and nature of nursing care for selected states of the patient's health.
- **CO3.** Acquaintance with the stages of the nursing process, techniques for data collection for the needs of nursing diagnosis and the process of documentation.
- **CO4.** Developing the chosen ability to perform nursing, diagnostic, therapeutic and rehabilitation procedures, taking into account the appropriate methods and techniques of performance as well as patient's health state.

### 4.2. Course content (taking into count the form of classes)

**Practical classes in clinic**

1. Discussion of issues related to social skills and competences included in point 4.3

### 4.3. Course learning outcomes

| Course learning outcomes (code) | Upon completion of the course, the student | Alignment with programme learning outcomes |
|---|---|---|
| | **in the area of skills knows how to:** | |
| U01 | Observe patient rights; | D.U3. |
| U02 | Establish contact with the patient and the person accompanying the patient that aids in building a proper relationship (e.g., the 4 Habits Model: Invest in the beginning, Demonstrate empathy, Elicit the patient's perspective, Invest in the end); | D.U13. |
| U03 | Perform medical procedures and treatments, including:<br>1. Measurement and assessment of basic life functions (temperature, pulse, blood pressure) and monitoring them using a cardiac monitor and pulse oximeter;<br>2. Various forms of inhalation therapy and selecting an inhaler appropriate for the patient's clinical condition;<br>3. Measurement of peak expiratory flow;<br>4. Oxygen therapy using non-invasive methods;<br>5. Instrumental and non-instrumental airway clearance<br>6. Intravenous, intramuscular, and subcutaneous drug administration;<br>7. Collection and securing of blood for laboratory and microbiological testing;<br>8. Collection of arterial and arterialized capillary blood;<br>9. Collection of swabs for microbiological and cytological examinations;<br>10.Urinary catheterization in both females and males;<br>11.Placement of a nasogastric tube;<br>12.Administration of an enema;<br>13.Performing a standard resting electrocardiogram and interpreting its results;<br>14.Defibrillation, electrical cardioversion, and external pacing;<br>15.Strip tests, including measuring glucose levels using a glucometer;<br>16.Pleural procedures: thoracentesis and pneumothorax decompression;<br>17.Anterior nasal packing;<br>18.Ultrasound examination in life-threatening situations according to the FAST protocol (Focused Assessment with Sonography in Trauma) or its equivalent, and interpreting its results; | E.U14. |
| U04 | Use of appropriate personal protective equipment according to the clinical situation; | E.U15. |
| U05 | Participate in the process of dignified dying of a patient, utilizing the potential of palliative care; | E.U17. |
| U06 | Conduct patient conversations following a structured dialogue framework (initiating the conversation, gathering information, explaining and planning, concluding the conversation), while structuring such discussions and developing relationships with patients using selected models (e.g., Calgary-Cambridge guidelines, Segue framework, Kalamazoo Consensus, Maastricht Maas Global), including through electronic communication means; | E.U23. |
| U07 | Communicate information to patients, tailoring the amount and content to the patient's needs and capabilities, and supplement verbal information with models and written materials, including diagrams and instructions, and apply them appropriately; | E.U25. |
| U08 | Jointly make diagnostic and therapeutic decisions with patients (assess the patient's level of involvement, their needs and capabilities in this regard, | E.U26. |

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| | encourage the patient to take an active part in the decision-making process, discuss the advantages, disadvantages, expected outcomes, and consequences of decisions) and obtain informed consent from the patient; | |
| U09 | Communicate with patients from economically or socially marginalized groups, respecting their dignity; | E.U27. |
| U10 | Identify social determinants of health, indicators of unhealthy and self-destructive behaviors, discuss these with the patient, and make a note in the medical documentation; | E.U28. |
| U11 | Apply principles of providing feedback (constructive, non-judgmental, descriptive) within team collaboration; | E.U30. |
| U12 | Obtain information from team members respecting their diverse opinions and specialized competencies, and incorporate this information into the patient's diagnostic and therapeutic plan; | E.U32. |
| U13 | Discuss patient situations in the team without subjective judgments, respecting patient dignity | E.U33. |
| U14 | Perform surgical handwashing, apply sterile gloves, dress for surgery or a procedure requiring asepsis, prepare the surgical field in accordance with the principles of asepsis, and participate in a surgical procedure; | F.U1. |
| U15 | Apply and change a sterile dressing; | F.U2. |
| U16 | Perform basic life support (BLS) procedures in adults, including the use of an automated external defibrillator, in accordance with ERC guidelines; | F.U11. |
| U17 | Conduct advanced life support (ALS) procedures in adults, in accordance with ERC guidelines; | F.U12. |
| U18 | Recognize during patient examination behaviors and symptoms indicating the possibility of violence; | G.U7. |
| U19 | Act in a way that avoids medical errors and ensures the quality of healthcare and patient safety, and critically analyze medical errors and adverse events; | G.U8. |
| U20 | Collect blood for toxicological tests and secure material for hemogenetic studies; | G.U9. |
| U21 | Organize the work environment in a way that ensures the safety of the patient and other people, taking into account the influence of human factors and ergonomic principles; | G.U10. |

**in the area of social competences is able to:**

| | | |
|---|---|---|
| K01 | Establish and maintain deep and respectful contact with the patient and show understanding towards ideological and cultural differences; | K.S1. |
| K02 | Do what is right for the patient; | K.S2. |
| K03 | Respect medical confidentiality and patient’s rights; | K.S3. |
| K04 | Take actions concerning the patient on the basis of ethical principles, being aware of social conditions and restrictions resulting from illness; | K.S4. |
| K05 | Recognize his/her own limitations and self-evaluate educational deficiencies and needs; | K.S5. |
| K06 | Promote healthy lifestyle; | K.S6. |
| K07 | Use reliable information sources; | K.S7. |
| K08 | Conclude on the basis of own surveys and observations; | K.S8. |
| K09 | Introduce rules of social conduct and teamwork to the group of specialists, including specialists form other medical professions also in the multicultural and multinational environment; | K.S9. |
| K10 | Give opinions concerning various aspects of professional activity; | K.S10. |

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| K11 | Take responsibility for own decisions made during professional activities including own safety and safety of other people; | K.S11. |

### 4.4. Assessment methods for learning outcomes

**Assessment method (+/-)**

| Course learning outcomes (code) | Oral/written/ practical examinaion /other (specify)* | Test* | Project* | In-class activity* | Independent study* | Group work* | Other (Observation)* |
|---|---|---|---|---|---|---|---|

**Type of classes**

| 1: / 2: | L | C | ... | L | C | ... | L | C | ... | L | C | ... | Practice | L | C | ... | Practice |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| U01-U21 | | | | | | | | | | | | | + | | | | + |
| K01-K11 | | | | | | | | | | | | | | | | | + |

**Annotation. 1: form of classes; 2: learning outcomes**

### 4.5. Assessment criteria for learning outcomes

**Type of classes:**

**PRACTICE** (including classes conducted with the use of distance learning methods and techniques)

| Grade | Assessment criteria |
|---|---|
| **3,0** | Getting 61-68 points |
| **3,5** | Getting 69-76 points |
| **4,0** | Getting 77-84 points |
| **4,5** | Getting 85-92 points |
| **5,0** | Getting 93-100 points |

| List of assessed practical skills and social competences | | Number of points to be obtained |
|---|---|---|
| **1.** | Learning about the hospital organization system and the organization of nursing care for the patient; learning about the patient's nursing medical documentation and the principles of its maintenance | 0-10 |
| **2.** | The ability to establish respectful contact with the patient, conduct a conversation, provide information in an amount and content adapted to the needs and capabilities of the patient | 0-10 |
| **3.** | Familiarization with the work of a nurse and acquisition of skills in performing basic care procedures such as: bed-making and bedclothes changing techniques, positioning and toileting of the patient, sanitary services, feeding patients, preparing medications to be administered to patients | 0-10 |
| **4.** | Learning basic procedures and treatments such as: body temperature measurement, heart rate measurement, non-invasive blood pressure measurement and monitoring vital signs using a cardiomonitor and pulse oximeter | 0-10 |
| **5.** | Learning how to insert a peripheral catheter, collect materials used in laboratory diagnostics, including microbiological ones, collect swabs for microbiological and cytological tests, measure glucose concentration using a glucometer | 0-10 |
| **6.** | Knowledge and practical implementation of aseptic principles, learning to use personal protective equipment appropriate to the clinical situation, knowledge of procedures in the event of exposure to blood-borne infection | 0-10 |

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| **7.** | Learning how to perform medical procedures, i.e. oxygen therapy using non-invasive methods, inhalation therapy with the selection of an inhaler to the patient's clinical condition; intravenous, intramuscular, subcutaneous drug administration, catheterization of the urinary bladder in women and men, insertion of a gastric tube, performing a rectal enema, performing a standard electrocardiogram with basic interpretation of its result | 0-10 |
| **8.** | Knowledge of the basic principles of applying and changing sterile dressings, learning how to assess pressure ulcers and use appropriate dressings | 0-10 |
| **9.** | Compliance with ethical principles, being guided by the patient's well-being, respecting medical confidentiality and patient rights, demonstrating the principles of professional camaraderie and teamwork, including with representatives of other medical professions, also in a multicultural and multinational environment | 0-10 |
| **10.** | Punctuality, commitment, conscientiousness, using medical terminology, taking care of image, noticing and recognizing one's own limitations, making self-assessment of deficits and educational needs | 0-10 |
| | **Total points** | **100** |

The **final grade** for the internship, issued by the Internship Supervisor, is a grade corresponding to the sum of the points obtained included in the list of practical skills and social competences (issued by the Internship Coordinator at the place of internship), while obtaining an insufficient grade for practical skills and social competences excludes the Internship Supervisor from crediting the internship.

## 5. ECTS credit allocation – student workload

| Category | Student workload (full-time mode) | Student workload (part-time mode) |
|---|---|---|
| **NUMBER OF HOURS WITH THE DIRECT PARTICIPATION OF THE TEACHER (CONTACT HOURS)** | **120** | |
| Participation in lectures* | | |
| Participation in seminars/laboratories* | | |
| Other (specify) – participation in practice | 120 | |
| **INDEPENDENT STUDY (NON-CONTACT HOURS)** | **0** | |
| Preparation for lectures* | | |
| Preparation for seminars/laboratories* | | |
| Preparation for examination/test* | | |
| Gathering materials for project, online research* | | |
| Preparation of a multimedia presentation* | | |
| Other (specify)* | | |
| **TOTAL HOURS** | **120** | |
| **ECTS CREDITS for the course** | **4** | |

*** delete as appropriate**

**Approved for implementation** (date and legible signatures of course instructors in the given academic year):

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