

Course Unit	Fundamental Nursing I	Field of study	-		
Bachelor in	Nursing	School	School of Health		
Academic Year	2023/2024	Year of study	1	Level	1-1
Type	Semestral	Semester	1	Code	9501-812-1105-00-23
Workload (hours)	135	Contact hours	T -	TP 45	PL 22,5
			TC -	S -	E -
			OT -	O -	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) Sandra Fatima Gomes Barreira Rodrigues, Sandra Maria Fernandes Novo

### Learning outcomes and competences

At the end of the course unit the learner is expected to be able to:

1. To integrate the concepts underlying the profession of nursing in an evolutionary perspective;
2. To recognize the importance of systematization of nursing care according to a scientific methodology of work;
3. To integrate the adoption of a common language of nursing, using the International Classification for Nursing Practice (CIPE / ICNP);
4. To promote therapeutic relationship skills in caring
5. Interiorise the principles of Prevention of Healthcare-associated infections;
6. Integrate the principles of various technical procedures in nursing and its practical development;
7. Promote the satisfaction of needs related to: health and comfort and sleep and rest;

### Prerequisites

Not applicable

### Course contents

1. History of nursing in Portugal and in the world. two . User care: admission, transfer, discharge and death. 3 Basic nursing instruments. 4. Prevention of healthcare-associated infections. 5 Satisfaction of hygiene and comfort needs. 6 Satisfying Sleep and Rest needs.

### Course contents (extended version)

1. Nursing
  - The nursing as a profession: Concepts; Historical; The Nursing in Portugal,
  - The nursing as a science: schools of thought, theories and models;
  - The nursing process; introduction to the International Classification for Nursing Practice (ICNP),
  - The Order of Nurses,
2. Product Support Services wearer
  - Admission / Reception and transference;
  - Assessment of the state of health of the user (global observation; assessment of vital signs);
  - Preparation of returning home; Teaching to the user / family;
  - Death and the after-care death.
3. Nursing basics instruments:
  - Observation
  - Communication
  - Aid relationship
  - Interview
  - Nursing registers
4. Prevention of Healthcare-associated infections
  - Healthcare-associated infections: Epidemiology; Agents; Reservoirs and Transmission;
  - Measures of Prevention and Contro: atandard precautions; hand hygiene;
  - Use of PPE; decontamination of materials/clinical equipment; environmental monitoring
  - hoteliers services; hospital residues; placement of patientsAppropriate use of antimicrobials;
  - Respiratory hygiene/Cough etiquette; Precautions according to infection transmission modes.
5. Satisfaction of the needs of hygiene and comfort:
  - Body Health-care with the scalp and oral hygiene, care of the nails; Skin Care / Massage;
  - Types of bath in bed with partial; total hygiene in the toilet and bath Techniques to make the bed.
6. Satisfaction of the Sleep and Rest needs
  - The sleep cycle;
  - Factors affecting the sleep / rest;
  - Disturbances and consequences for health;
  - Nursing interventions.

### Recommended reading

1. Doenges, M. E. , & Moorhouse, M. F. (2010). Aplicação do processo de enfermagem e do diagnóstico de enfermagem (5ª Ed. ). Loures: Lusociência.
2. Potter, P. , & Perry, A. (2006). Fundamentos de Enfermagem: Conceitos e Procedimentos, (5ª Ed. ). Loures: Lusociência.
3. Tomey, A. , & Alligood, M. (2004). Teóricas de enfermagem e sua obra: Modelos e teorias de enfermagem (5ª Ed. ). Loures: Lusociência
4. Collière, Marie-Françoise, (1999). Promover a Vida . 2ª ed. Loures: Lusociência.
5. Veiga, B. S. et al. (2011). Manual de Normas de Procedimentos de Enfermagem Procedimentos Técnicos 2ª Ed. ) . Lisboa: ACSS

### Teaching and learning methods

Theoretical and practical teaching and laboratory-based in clinical simulation. Guidance Tutoring Classes: guidance for the conduct of individual or group works (literature) related to the contents of the course.

### Assessment methods

1. Continuous assessment - (Regular, Student Worker) (Final)
  - Intermediate Written Test - 70% (TP component Evaluation. To approval - to obtain 8. 5V in TP Component. ))
  - Practical Work - 30%
2. Resource Exam - (Regular, Student Worker) (Supplementary, Special)
  - Final Written Exam - 70% (TP component Evaluation)
  - Practical Work - 30% (P component evaluation To approval - to obtain 8. 5V in TP Component. ))

**Language of instruction**

Portuguese, with additional English support for foreign students.

**Electronic validation**

Sandra Fatima Gomes Barreira Rodrigues, Sandra Maria Fernandes Novo	Matilde Delmina da Silva Martins	Hélder Jaime Fernandes	Adília Maria Pires da Silva Fernandes
25-03-2024	01-05-2024	02-05-2024	10-05-2024