

Course Unit	Fundamental Nursing II	Field of study	-		
Bachelor in	Nursing	School	School of Health		
Academic Year	2023/2024	Year of study	1	Level	1-1
Type	Semestral	Semester	2	ECTS credits	6.0
Code	9501-812-1206-00-23				
Workload (hours)	162	Contact hours	T -	TP 37,5	PL 45
			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) Leonel São Romão Preto, Maria Eugénia Rodrigues Mendes, Matilde Cristina Costa Poca

#### Learning outcomes and competences

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

1. Integrate the principles governing the administration of medication, of collection of specimens for analysis and treatment of wounds
2. Promote to meet the needs of the patient on diet, mobilization, elimination bladder and bowel
3. Integrate the principles of various technical procedures in nursing and its practical development.

#### Prerequisites

Before the course unit the learner is expected to be able to:  
Without Preconditions

#### Course contents

1 Preparation and Administration of therapy; 2 Collection of specimens for analysis; 3 Wounds and treatments; 4 Mobilization needs; 5 Satisfaction of the intestinal elimination; 6 Satisfaction of the need to urinary eliminate; 7 Satisfaction of the nutritional needs

#### Course contents (extended version)

1. Administration of therapy: Enteral, parenteral, topical, inhalation therapy and oxygen therapy.
2. Collection of specimens for analysis: blood, urine, feces, sputum, ooze, and other secretions.
3. Wounds: Classification of wounds and treatment; technique towels; Bandages.
4. Mobilization needs:
  - Principles used by the nurse; Complications of immobility and Prevention
  - Positioning the wearer stationary transfer the user from bed to chair and vice-versa
  - Mobilization; Prevention of pressure sores; Application of heat and cold
5. Satisfaction of the need to intestinal eliminate:
  - Review of the anatomy of the lower portion of the intestine and physiology of defecation;
  - Promotion of normal habits, help to eliminate normal; Nursing interventions;
  - Technical support for the intestinal elimination - Enteroclysis.
6. Satisfaction of the need to urinary eliminate:
  - Review of the anatomy and physiology of the renal unit of urination;
  - Basic concepts; Urine characteristics; Data indicators of changes;
  - Factors that influence the urinary habits / patterns;
  - Promotion of normal habits / Assistance to the normal elimination;
  - Elimination during bladder disease / Technical support bladder elimination;
  - Bladder catheterization: indications, method/considerations; Technique of urinary catheterization.
7. Satisfaction of nutritional needs of client / nursing role:
  - Initial assessment; factors that influence the dietary patterns;
  - Health promotion and disease prevention / nutrition guidelines;
  - Nursing care with natural diet: to maintain / increase the appetite,
  - Encouraging intake of appropriate diet, improve digestion and absorption of food;
  - Enteral nutrition: feeding by nasogastric tube; Technique of Nasogastric Intubation.

#### Recommended reading

1. Ministério da Saúde, ACSS (2011). Manual de Normas de Enfermagem: procedimentos técnicos. <http://www.acss.min-saude.pt/>
2. Bolander, V. B. (1998). Enfermagem fundamental: abordagem psicofisiológica. Lisboa: Lusodidata
3. Potter, P., & Perry, A. (2006). Fundamentos de Enfermagem: Conceitos e Procedimentos (5ª ed. ). Loures: Lusociência.

#### Teaching and learning methods

1. Lectures and practical teaching and laboratory-based simulation and experimentation. 2. Completing work together with the search, individual and group, supported by literature recommended 3. Self-guided study based on a detailed description of the expected results of learning.

#### Assessment methods

1. Theoretical-practical and laboratory assessment - (Regular, Student Worker) (Final)
  - Final Written Exam - 70% (Individual final assessment: general theoretical questions and theoretical and practical nature.)
  - Laboratory Work - 30% (Practical assessment nursing techniques)
2. Final written exam: 100% - (Regular, Student Worker) (Supplementary, Special)

#### Language of instruction

Portuguese

## Electronic validation

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07-05-2024	07-05-2024	08-05-2024	10-05-2024